


WEIDER[®] PRO

Olympic Expansion Kit

Model No. 831.150780

QUESTIONS? If you have questions, or if there are missing or damaged parts, please call our toll-free HELPLINE at **1-800-736-6879**, Monday through Saturday, 7 a.m. until 7 p.m. Central Time (excluding holidays).

Assembly Instructions

Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires two adjustable wrenches** .

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

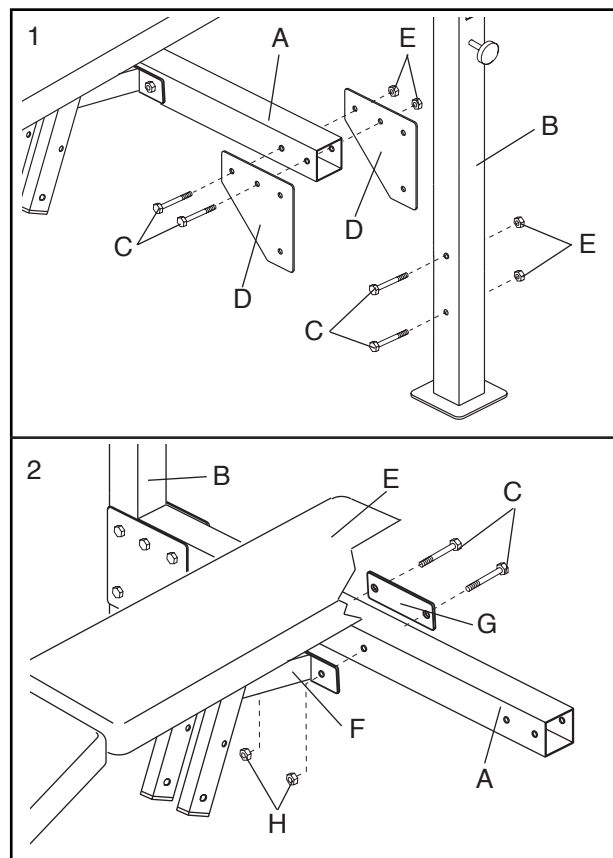
1. Read all instructions in this manual before using the olympic expansion kit.
2. The weight bench does not include weights. The weight bench is designed to support a

maximum of 510 pounds, including the user, a weight bar, and weights. Do not place more than 310 pounds, including a weight bar and weights, on the weight rests. Do not place more than 150 pounds on the leg lever or the lat tower.

If you own the 831.150740 (WEIDER PRO 800), follow steps 1 through 6 below and on page 2 to install the olympic expansion kit. If you own the 831.150760 (WEIDER PRO 900), follow steps 1 through 6 on page 3 and the back cover.

1. Detach the Crossbar (A) from one of the Upright Bases (B) by removing the four M10 x 81mm Bolts (C), the Support Plates (D), and the four M10 Nylon Locknuts (E). **Lay the Upright Base on its side to keep it from falling.**
2. Detach the Frame (F) from the Crossbar (A) by removing the two M10 x 81mm Bolts (C), the Small Support Plate (G), and the two M10 Nylon Locknuts (H).

Note: It may be helpful to have a second person hold the remaining Upright Base (B) to keep it from falling.



3. Detach the Crossbar (A) from the other Upright Base (B) by removing the remaining M10 x 81mm Bolts (C), Support Plates (D), and M10 Nylon Locknuts (E).

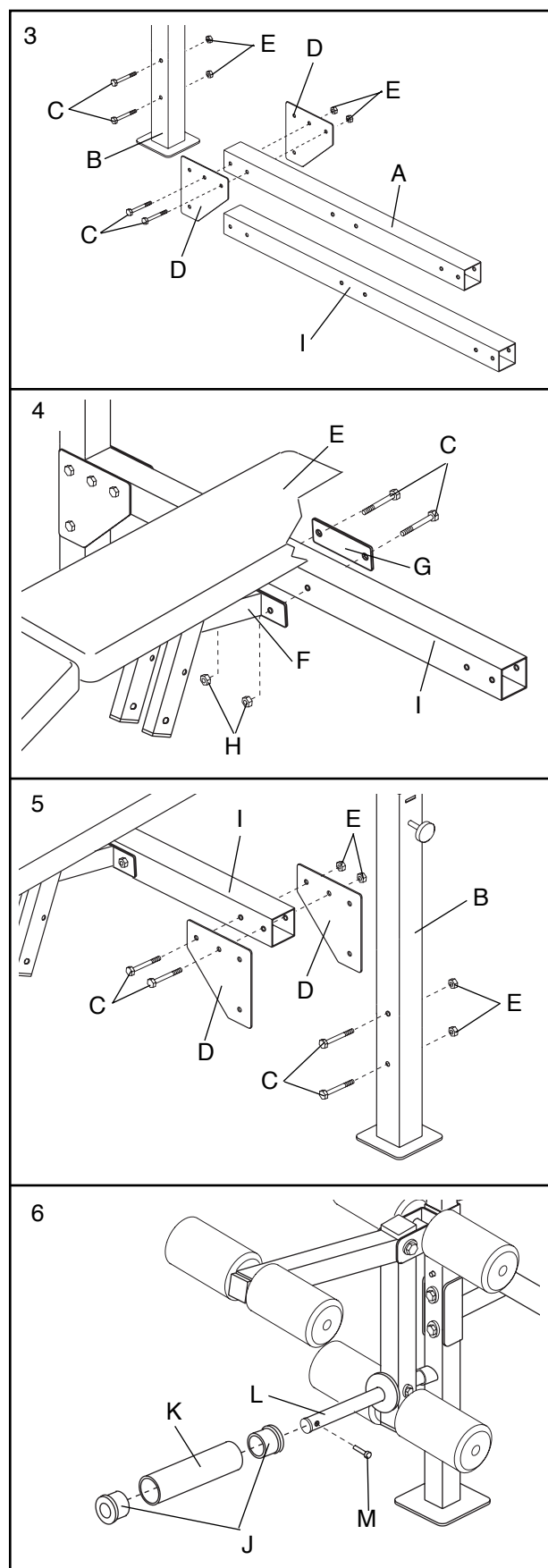
Attach the Olympic Crossbar (I) to the Upright Base (B) with four M10 x 81mm Bolts (C), two Support Plates (D), and four M10 Nylon Locknuts (E).

Store the standard Crossbar (A) in a safe place.

4. Attach the Frame (F) to the Olympic Crossbar (I) with two M10 x 81mm Bolts (C), a Small Support Plate (G), and two M10 Nylon Locknuts (H).

5. Attach the other side of the Olympic Crossbar (I) to the other Upright Base (B) with the remaining four M10 x 81mm Bolts (C), the Support Plates (D), and the four M10 Nylon Locknuts (E).

6. Press the Bushings (J) into the ends of the Weight Adapter (K) as shown. Slide the Weight Adapter onto the Weight Tube (L) and secure it by pushing the Detent Pin (M) into the weight tube as shown.



1. If you own the 831.150760 (WEIDER PRO 900), follow the steps below to install the olympic expansion kit.

Detach the Crossbar (A) from one of the Upright Bases (B) by removing the four M10 x 81mm Bolts (C), the Support Plates (D), and the four M10 Nylon Locknuts (E). **Lay the Upright Base on its side to keep it from falling.**

2. Detach the welded bracket on the Frame (F) from the Crossbar (A) by removing the two M10 x 81mm Bolts (G) and the two M10 Nylon Locknuts (H).

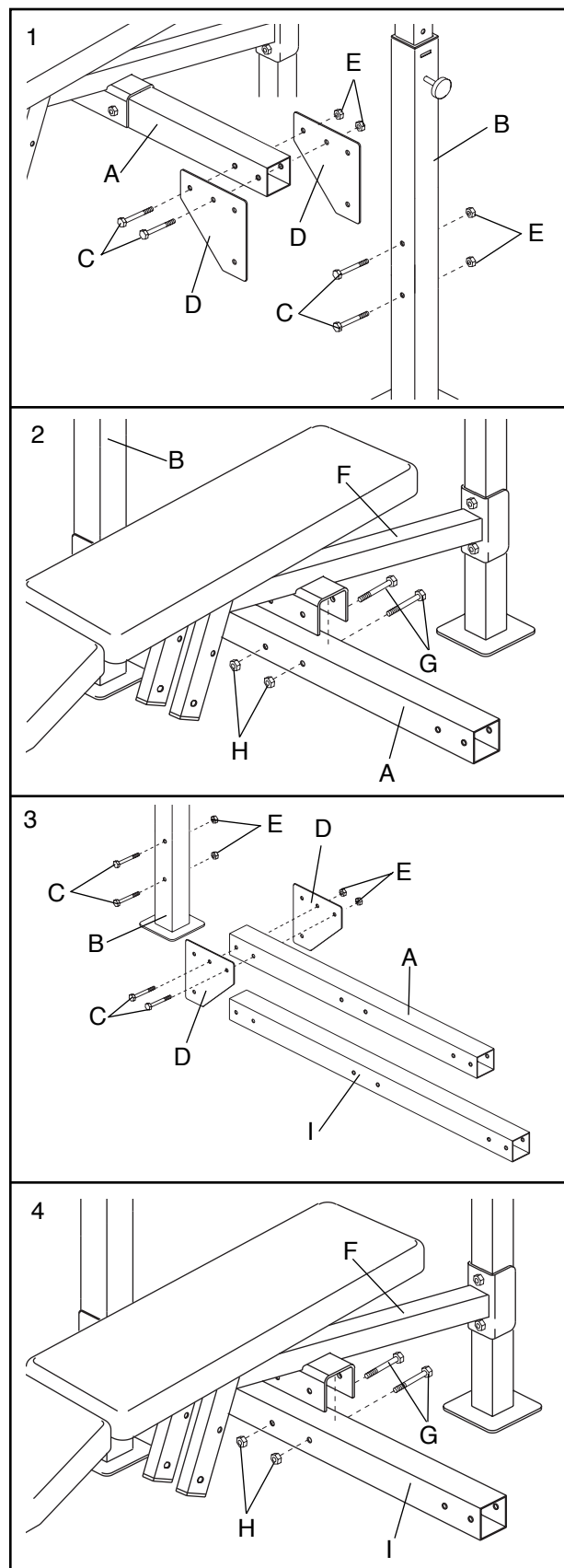
Note: It may be helpful to have a second person hold the remaining Upright Base (B) to keep it from falling.

3. Detach the Crossbar (A) from the other Upright Base (B) by removing the remaining M10 x 81mm Bolts (C), Support Plates (D) and M10 Nylon Locknuts (E).

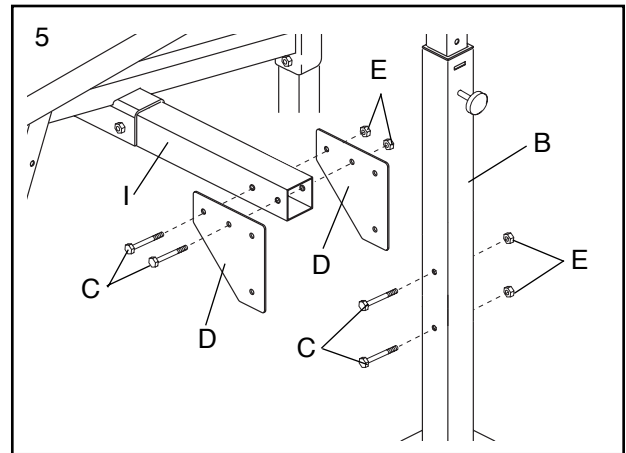
Attach the Olympic Crossbar (I) to the Upright Base (B) with four M10 x 81mm Bolts (C), two Support Plates (D), and four M10 Nylon Locknuts (E).

Store the standard Crossbar (A) in a safe place.

4. Attach the welded bracket on the Frame (F) to the Olympic Crossbar (I) with two M10 x 81mm Bolts (G) and two M10 Nylon Locknuts (H).

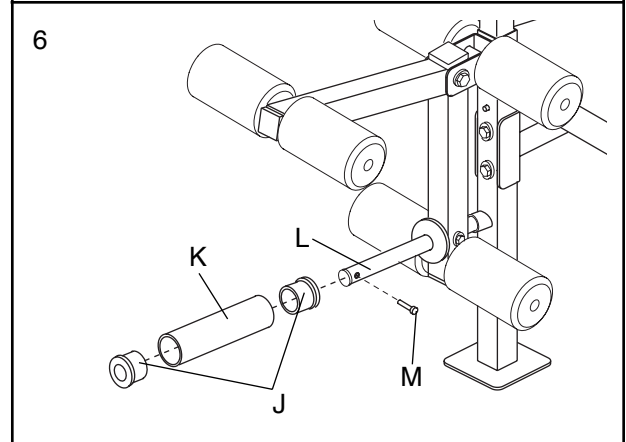


5. Attach the other side of the Olympic Crossbar (I) to the other Upright Base (B) with the remaining four M10 x 81mm Bolts (C), the Support Plates (D), and the four M10 Nylon Locknuts (E).



6. Press the Bushings (J) into the ends of the Weight Adapter (K) as shown. Slide the Weight Adapter onto the Weight Tube (L) and secure it by pushing the Detent Pin (M) into the Weight Tube as shown.

Note: The Weight Adapter (K) can also be used on the lat tower.



Limited Warranty

For 90 days from the date of purchase, if failure occurs due to defect in material or workmanship in this SEARS WEIGHT BENCH ACCESSORY, contact the nearest SEARS Service Center throughout the United States and SEARS will repair or replace the WEIGHT BENCH ACCESSORY, free of charge.

This warranty does not apply when the WEIGHT BENCH ACCESSORY is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

SEARS, ROEBUCK AND CO., DEPT. 817WA, HOFFMAN ESTATES, IL 60179